



# Land Aerobics



Lehi Legacy Center  
123 N Center St.  
801- 768-7124

## LEHI LEGACY CENTER LAND AEROBICS

Legacy Center - Group Exercise Schedule – Spring 2010						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	MUSCLE MIX Tina	* CYCLE Danny	PUMP Lezlie	* CYCLE Nita	MUSCLE + Nita	
Room/Gym 5:00 AM	ZUMBA® MP#1 Ashley		TURBO KICK® North Gym Tina		BOOT CAMP North Gym Marci	
* AERO. RM.* 6:00 AM	* CYCLE Jenn	MUSCLE MIX Tina	ZUMBA® Kris	STEP INVTERVAL Rachel	* CYCLE Mike	
No. Gym 6:00 AM	TURBO KICK Tina	SUNRISE YOGA Multi-purpose room #1 Susie		SUNRISE YOGA Multi-Purpose Room #1 Camille	JUMP & CRUNCH Marci	7:00 AM * CYCLE Danny
9:00 AM	1/2 HOUR AB ATTACK Carrie	8:15 AM CYCLE X-PRESS Susan	1/2 HOUR AB ATTACK Rachel	8:15 AM CYCLE X-PRESS Carrie	1/2 HOUR AB ATTACK Mia	8:15 AM MUSCLE + Aimee
9:30 AM	X-TRAINING Carrie	CARDIO + Amanda	KICK BOX Rachel	* PUMP MIX Becky	CARDIO CIRCUIT Lisa	9:20 AM *ZUMBA TONE®
9:30 AM	* TREAD & ABS Lezlie		* TREAD & STRETCH Mia		* TREAD & SCULPT Carrie	9:30 AM *ZUMBA® Jessica
9:30 AM	KID FITNESS** Melanie	KID FITNESS** Marci	KID FITNESS** Melanie	KID FITNESS** Melanie	KID FITNESS** Melissa	
10:30 AM	SENIOR FITNESS Lezlie	SilverSneakers® MuscularStrength Susan	SENIOR FITNESS Melissa	SilverSneakers® Muscular Strength Amy	SENIOR FITNESS/Yoga Tina	
6:00 PM	* CYCLE Lari		* CYCLE Jenn			1 1/2 hr. CYCLE 1st Saturday of each month 6:30 – 8:00 am
7:00 PM	* PUMP Aimee	STEP INTERVAL Aimee	TURBO KICK® Amanda	* CYCLE Lari		
8:00 PM	YOGA I/II Amara	YOGA II Cami	YOGA I/II Jody	* ZUMBA® Andrea		
9:00 PM		ZUMBA® Dale				

Back-to-Back classes are 55 minutes long. The Senior classes are 45-minutes classes

### THE FACTORY – 4425 North Thanksgiving Way, Lehi-GROUP EXERCISE SCHEDULE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		YOGA Cami		TURBOKICK® Tina		
12:30 PM	Power Yoga® Susan		MUSCLE + Tina		20-20-20 Susie	
7:00 PM		TURBOKICK® Kristen		HIP HOP Melanie		

\* Fee and/or check-in required at front desk

Schedule subject to change without notice

Each class is designed to maximize results while enhancing physical and mental fitness levels.

## \*QUICK FACTS

What ..... Aerobic Classes

Where ..... Lehi Legacy Center (Aerobic Room & The Factory)

Who ..... All Welcome!!!

Fees ..... Member.....Free (\*Kid Fitness - \$2.50 1st child, \$1.50 additional)  
Non-Members...Aerobic Classes \$3.....Cycling \$3

\*MEMBER ONLY CLASSES ARE FROM 5-8am and 9-11pm

## INFORMATION

For more information contact Legacy Front Desk @ 768-7124